

Two Rivers Public Health Department Summary

Counties	Average age	Education		Race / Ethnicity	
Buffalo, Dawson, Franklin, Harlan, Gosper, Kearney and Phelps	36.2 years	H.S Grad / GED or Higher	84.6%	White,non-Hispanic	88.9% (82,493)
Total population	Median income	College Grad	22.5%	Minority	11.1% (10,263)
92,756	\$36,416				

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the Two Rivers area, one rate for the overall population was significantly better than the Nebraska rate. The proportion of adults who reported having rules prohibiting smoking anywhere in their homes was higher in this area overall and for men specifically, compared to adults and men statewide. However, among employed men working inside most of the time, the proportion who said their workplace's smoking policy does not allow smoking in work areas was lower than for men statewide.
- In this area, one rate for the overall population was significantly worse than the Nebraska rate. The proportion of adults who were aware that cardiovascular disease can result from untreated high blood pressure was significantly lower in the Two Rivers area. In addition, women in this area were significantly less likely to make this connection than their counterparts statewide.
- Women in the Two Rivers area were also significantly less likely than Nebraska women overall to identify stroke as something untreated high blood pressure can lead to.

Health-Related Quality of Life

- Among Two Rivers adults, 18.5% considered their general health "fair" or "poor."
- Two Rivers respondents reported an average of 3.9 days in the past month when their physical health was "not good."
- Respondents in this area averaged 2.2 days in the past month when their mental health was "not good."
- Poor physical or mental health prevented Two Rivers adults from participating in their usual activities an average of 6.0 days in the past 30 days.

Health Care Access

- One-fifth of Two Rivers residents aged 18 to 64 years (20.0%) reported having no health care coverage.
- Among adults in this area, 15.1% did not have a personal doctor or health care provider and 13.0% stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Nearly three-fourths of the adults in the Two Rivers area (73.2%) reported visiting a doctor for a routine checkup within the past year.
- The average distance from respondents' homes to the closest emergency room (ER) was 7.7 miles.
- The average distance to the ER at which respondents preferred to receive care was much farther-- 13.4 miles.
- More than one-half of Two Rivers adults (53.0%) reported no problems or barriers to getting medical care, other than cost.
- Among area residents who reported a problem getting medical care (other than cost), work (16.5%), long waits (22.5%), and not having insurance (21.7%) were mentioned most frequently.
- Two Rivers residents most often cited a doctor (46.3%) as their primary source of information on health issues or illness. Family or friends (18.6%) and the newspaper (10.4%) were also mentioned frequently.

Cardiovascular Disease

- One in thirteen Two Rivers adults (7.8%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.

- In this area, 31.4% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the Two Rivers area were much more likely to identify cardiovascular disease (72.7%) than they were to identify stroke (38.4%) as something untreated high blood pressure can lead to. Two Rivers respondents were significantly less likely than Nebraskans overall to connect cardiovascular disease with untreated hypertension.
- Women in this area were significantly less likely than Nebraska women overall to identify cardiovascular disease (74.9%) or stroke (38.6%) as possible results of untreated hypertension.
- The majority of Two Rivers respondents (66.5%) had their cholesterol level checked during the last five years.
- Among area respondents who ever had their blood cholesterol level checked, 40.7% had been told it was high.
- During the past year, 17.7% of Two Rivers adults were certified to perform CPR.

Diabetes

- Among Two Rivers residents, 7.9% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- Two-thirds of women aged 40 or older in this area (69.1%) reported having a mammogram in the past two years.
- One-third of adults aged 50 or older in the Two Rivers area (33.5%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in this area (47.5%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- Among adults in the Two Rivers area, 11.7% had ever been told they had asthma, while 5.9% currently have this disease.

Overweight and Obesity

- Nearly two-thirds of adults (65.6%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as “obese”—28.0% in the Two Rivers area.

Tobacco Use

- More than one-sixth of Two Rivers adults (17.1%) currently smoke cigarettes, either daily or on some days of the month.
- More than one-fifth of adults in this area (21.6%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in the Two Rivers area, 47.3% reported trying to quit smoking during the past year.
- A significantly greater proportion of Two Rivers adults (82.5%) reported having rules prohibiting smoking anywhere in their homes, compared to Nebraska adults. The proportion of Two Rivers men reporting these rules (84.9%) was also significantly higher than the rate for men statewide.
- Among employed adults working inside most of the time, 84.3% stated that their workplace’s smoking policy does not allow smoking in any work areas. For men in the Two Rivers area, the proportion was significantly lower (72.2%) than the rate reported for Nebraska men overall.

Physical Activity and Sedentary Behaviors

- Nearly one-third of adults in the Two Rivers area (31.3%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 46.7% of area respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.

- Nearly one-half of the adults in this area (47.2%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- One-fifth of Two Rivers respondents (19.7%) consumed fruits and vegetables the recommended five or more times per day.
- About one-third of area adults (36.7%) were knowledgeable about what “Five-a-Day” means, with women (45.5%) significantly more likely than men (27.3%) to know what this phrase means.
- Less than one-fifth of area respondents (18.4%) reported consuming dairy products three or more times daily. Women in the Two Rivers area (26.0%) were significantly more likely than men in this area (10.3%) to consume dairy products this frequently.
- On average, Two Rivers adults ate food from restaurants or fast food shops 2.3 times per week.
- Twenty-nine percent of respondents (29.0%) rated foods at community events in the Two Rivers area as “always” or “almost always” healthy.
- The majority of respondents (57.4%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.” Two Rivers women (69.0%) were significantly more likely than men (45.5%) to rate the selection this positively.
- Less than one-fourth of respondents (22.2%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- In the Two Rivers area, 55.1% of adults consumed at least one drink of alcohol in the past 30 days.
- Men in this area (68.9%) were significantly more likely than women (42.1%) to have consumed alcohol in the last month.

Injury

- One in six adults in the Two Rivers area (16.6%) said they had fallen in the past three months. Of those who had fallen, 15.8% were injured by the fall.
- The majority of area respondents (87.4%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car. Women in this area (94.3%) were significantly more likely than men (80.0%) to wear their seatbelts this frequently.
- Among households with a child aged 5 to 15 who rode a bicycle, 32.4% of respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding.

Immunization

- Among Two Rivers residents aged 18 and older, 32.7% got a flu vaccination during the past year.

Oral Health

- Nearly three-fourths of Two Rivers adults (73.1%) saw a dentist or visited a dental clinic in the past year.

Women’s Perceptions of Health Threats and Causes of Death

- More than one-third of the female respondents in the Two Rivers area (36.7%) identified cancer as the leading health problem facing women today.
- Only 14.2% of women in this area consider heart disease or heart attack the leading health problem facing women today. However, 53.0% identified heart disease/attack as the leading cause of death for all women.

Social Context

- Few Two Rivers adults (3.0%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 12.9% of Two Rivers respondents reported it is “somewhat” or “very unsafe.”

Two Rivers Public Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	478	18.5%	Non-Sig	178	20.4%	Non-Sig	300	16.8%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	471	3.9	Non-Sig	174	3.5	Non-Sig	297	4.2	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	468	2.2	Non-Sig	176	1.4	Non-Sig	292	3.0	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	205	6.0	Non-Sig	66	7.0	Non-Sig	139	5.2	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	324	20.0%	Non-Sig	128	20.3%	Non-Sig	196	19.8%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	479	15.1%	Non-Sig	178	17.3%	Non-Sig	301	13.1%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	479	13.0%	Non-Sig	179	13.3%	Non-Sig	300	12.6%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	468	73.2%	Non-Sig	175	64.3%	Non-Sig	293	81.8%	Non-Sig	No
5. Average distance in miles from home to the ER closest to home	479	7.7	Non-Sig	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	468	13.4	Non-Sig	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	477	53.0%	Non-Sig	178	53.6%	Non-Sig	299	52.5%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	205	1) Long Wait (22.5%)		2) No Insurance (21.7%)		3) Work (16.5%)		(Other= 18.9%)	
	Men	70	1) Long Wait (27.0%)		2) No Insurance (25.9%)		3) Time/Distance (12.6%)		(Other= 18.2%)	
	Women	135	1) Work (21.5%)		2) Long Wait (18.3%)		3) No Insurance (17.8%)		(Other= 19.6%)	
9. Primary source for getting information on health issues or illness										
	Overall	454	1) Doctor (46.3%)		2) Family/Friends (18.6%)		3) Newspaper (10.4%)		(Other= 4.6%)	
	Men	166	1) Doctor (39.9%)		2) Family/Friends (25.4%)		3) Newspaper (9.7%)		(Other= 4.0%)	
	Women	288	1) Doctor (52.0%)		2) Family/Friends (12.5%)		3) Newspaper (11.0%)		(Other= 5.1%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	475	7.8%	Non-Sig	177	9.2%	Non-Sig	298	6.5%	Non-Sig	No
2. Ever told blood pressure was high	479	31.4%	Non-Sig	177	34.4%	Non-Sig	302	28.6%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	479	38.4%	Non-Sig	178	38.3%	Non-Sig	301	38.6%	Lower	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	479	72.7%	Lower	178	70.3%	Non-Sig	301	74.9%	Lower	No
5. Had cholesterol checked during the past five years	464	66.5%	Non-Sig	175	65.6%	Non-Sig	289	67.3%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	388	40.7%	Non-Sig	146	41.6%	Non-Sig	242	39.8%	Non-Sig	No
7. Were CPR certified during the past year	479	17.7%	Non-Sig	179	23.2%	Non-Sig	300	12.5%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	481	7.9%	Non-Sig	179	7.3%	Non-Sig	302	8.5%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	241	69.1%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	276	33.5%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	281	47.5%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	479	11.7%	Non-Sig	179	11.3%	Non-Sig	300	12.1%	Non-Sig	No
2. Currently has asthma	479	5.9%	Non-Sig	179	3.4%	Non-Sig	300	8.3%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	447	65.6%	Non-Sig	176	74.7%	Non-Sig	271	56.4%	Non-Sig	No
2. Obese (BMI 30+)	447	28.0%	Non-Sig	176	31.7%	Non-Sig	271	24.3%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	479	17.1%	Non-Sig	178	17.9%	Non-Sig	301	16.4%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	479	21.6%	Non-Sig	178	24.1%	Non-Sig	301	19.4%	Non-Sig	No
3. Current smokers who tried to quit during the past year	86	47.3%	Non-Sig	^	^	---	54	55.2%	Non-Sig	---
4. Smoking not allowed in home	480	82.5%	Higher	179	84.9%	Higher	301	80.3%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	224	84.3%	Non-Sig	70	72.2%	Lower	154	92.1%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	480	31.3%	Non-Sig	179	28.2%	Non-Sig	301	34.2%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	435	46.7%	Non-Sig	159	53.0%	Non-Sig	276	41.0%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	463	47.2%	Non-Sig	172	52.1%	Non-Sig	291	42.5%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	481	19.7%	Non-Sig	179	14.6%	Non-Sig	302	24.6%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	481	36.7%	Non-Sig	179	27.3%	Non-Sig	302	45.5%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	481	18.4%	Non-Sig	179	10.3%	Non-Sig	302	26.0%	Non-Sig	Yes
4. Average number of times per week ate food from restaurants or fast food shops	473	2.3	Non-Sig	176	2.6	Non-Sig	297	2.0	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	480	29.0%	Non-Sig	178	27.5%	Non-Sig	302	30.5%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	471	57.4%	Non-Sig	177	45.5%	Non-Sig	294	69.0%	Non-Sig	Yes
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	472	22.2%	Non-Sig	178	18.9%	Non-Sig	294	25.5%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	480	55.1%	Non-Sig	179	68.9%	Non-Sig	301	42.1%	Non-Sig	Yes

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	481	16.6%	Non-Sig	179	21.4%	Non-Sig	302	12.1%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	62	15.8%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	477	87.4%	Non-Sig	177	80.0%	Non-Sig	300	94.3%	Non-Sig	Yes
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	78	32.4%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	479	32.7%	Non-Sig	179	28.0%	Non-Sig	300	37.1%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	479	73.1%	Non-Sig	178	67.4%	Non-Sig	301	78.3%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	302	36.7%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	302	14.2%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	302	53.0%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	478	3.0%	Non-Sig	179	1.9%	Non-Sig	299	4.1%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	478	12.9%	Non-Sig	179	13.0%	Non-Sig	299	12.9%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

[^] Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005